Eating Out Without Breaking the Bank Calorie

Eating at home is the best plan, but sometimes we want to eat out. Restaurants may have healthy food choices, but knowing what and how to order is important. Eating fast foods too often can lead to weight gain and low intake of healthy nutrients.

Three Rules to Follow when Eating at Restaurants:

1. **Balance your plate**
   - Add more color to your plate by starting the meal with a salad.
   - Look for options with added vegetables or ask for more vegetables in a sandwich, soup or pasta dish.
   - Ask for fruit or salad on the side instead of higher calorie choices, such as fries.
   - Ask for whole wheat bread, whole grain pasta or brown rice instead of white bread, pasta or rice.

2. **Watch portion sizes**
   - Enjoy your food, but eat a smaller serving to reduce calories. Talk to your doctor or dietitian about what portion is right for you.
   - Be aware of portion distortion – many restaurants will supersize their meals including the items on the kid’s menus.

3. **Drink water or low-fat milk**
   - Soda, juice and other sugar-sweetened drinks add a lot of extra calories.

<table>
<thead>
<tr>
<th>Instead of . . .</th>
<th>Choose this. . .</th>
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<tbody>
<tr>
<td>Fried appetizers, chips, or bread with butter</td>
<td>Garden salad or broth-based soup before your meal</td>
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<tr>
<td>Fried fish or chicken</td>
<td>Baked, broiled, or grilled meat, poultry, or fish</td>
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<tr>
<td>Cream or butter sauces, dressings, or gravies</td>
<td>Lemon juice, sauces, or dressings on the side</td>
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<tr>
<td>Regular soda</td>
<td>Water, low-fat milk, unsweetened iced tea or diet soda</td>
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<tr>
<td>Mayonnaise, cheese, and/or bacon on a sandwich or burger</td>
<td>Mustard, ketchup, lettuce, pickle, onion and tomato for flavor</td>
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<tr>
<td>French fries, onion rings</td>
<td>Side salad with light dressing or a baked potato with salsa or low-fat sour cream</td>
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<tr>
<td>Mashed potatoes or macaroni and cheese</td>
<td>Fruit or roasted, grilled, or steamed vegetables</td>
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<tr>
<td>Dessert for one</td>
<td>Share a low calorie dessert (see below)</td>
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<tr>
<td>Ice cream, cake, or brownies</td>
<td>Frozen yogurt, fruit, sorbet, or sherbet</td>
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</table>
More Tips For Eating Out:

- Look up calorie information on the restaurant’s website before dining out to help you make the best available choice.
- Start your meal with a broth-based soup made with vegetables or salad instead of higher calorie options such as fried appetizers, bread and butter, or chips and salsa.
- Ask the server to avoid bringing bread or chips to the table to reduce temptation.
- Share meals or box half the portion right away to take home with you.
- Look for light options on the menus – many restaurants will give information about lower calorie, lower fat items.
- Avoid creamy sauces on pasta, potatoes, and meats. Instead look for marinara sauces or spices to season foods.
- Be active to help balance higher calorie intake that may occur when eating out.

Resources:

American Heart Association: Tips for Eating Italian Food
http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/DiningOut/Tips-for-Eating-Italian-Food_UCM_308400_Article.jsp

 Teens Health Article: Eating Well While Eating Out
http://kidshealth.org/teen/food_fitness/nutrition/eating_out.html?tracking=T_RelatedArticle#cat20396

Academy of Nutrition and Dietetics: Tips for Eating Out
http://www.eatright.org/Public/list.aspx?TaxID=6442452002

Calorie King
www.calorieking.com